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Tuesday



A RUNNING STARTER?

Ryan Torain faces competition with a new-look backfield **10**

HEALTH CARE LANDMARK

New rules require insurers to cover the cost of birth control **3**

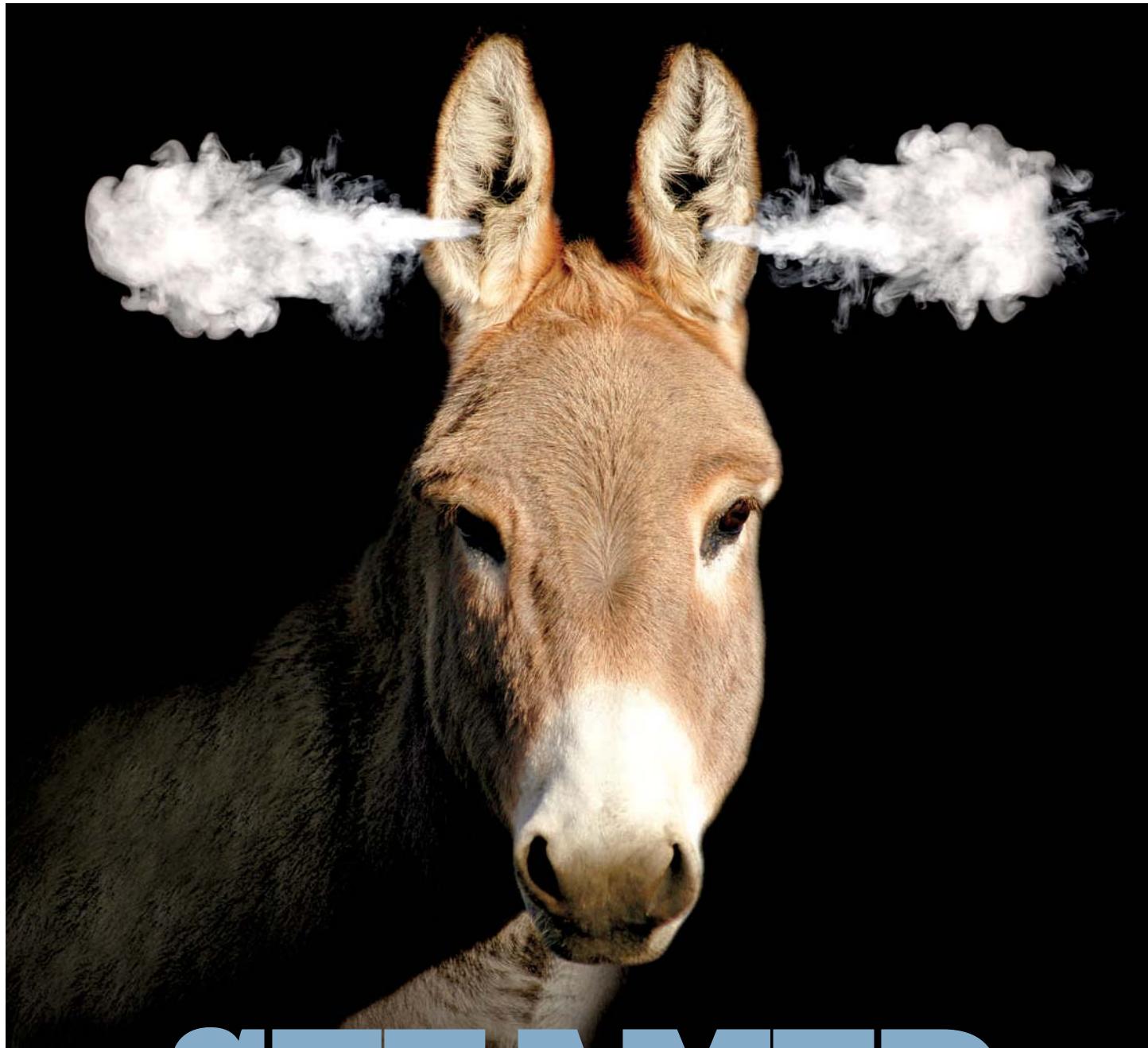
THE FUTURE IS NOW

Björk reinvents the album as a set of iPad apps on 'Biophilia' **25**



FOR EXTENDED FORECAST, SEE PAGE 29

AUGUST 2, 2011 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE**



STEAMED

The unfolding debt deal leaves liberal Democrats furious at a president and party they believe sold them out **9**

EXPRESS PHOTO ILLUSTRATION



eye openers

MISTRESS OF DISGUISE

The Beard Planned the Heist

Authorities say a woman dressed like a man robbed the Cottondale branch of the Bank of Tuscaloosa in Alabama on Friday. Witnesses said she had a "drawn-on" beard. She told tellers she had a bomb and demanded money after placing a device on a counter. She took an undisclosed amount of money and fled. (AP)

SUPER-VILLAINY

It Seemed Totally Foolproof! After All, Police Love Batman.

Pittsburgh police say a man tried to carjack a plain-clothes officer near filming for the latest Batman movie — and allegedly told him it was part of the script. Detective Robert DiGiacomo was in an unmarked vehicle Saturday evening when 21-year-old Micah Calamosca opened the car door and told the officer to get out. The officer says the suspect told him he was part of filming for "The Dark Knight Rises" and that taking the vehicle was in the script. Calamosca was taken into custody. (AP)

E-I-E-I-O

Soon to Be 'City Slickers 3: Holy See You on the Flip Side'

A Roman Catholic monastery in Richardton, N.D., is putting its ranching operation out to pasture because it lacks monks with cowboy skills. Abbot Brian Wangler tells the Dickinson Press that two monks now care for 260 cows at the abbey, but only one has the skills to do it by himself. The abbey will rent out its pastures. (AP)

© **The Big Picture**

LESLYE DAVIS/THE STAR TRIBUNE/AP



SHE WALKED FASTER, ATTEMPTING TO CATCH UP: Katie Carr walks through a pile of thousands of tomatoes at the first Minnesota Tomato Battle in Hastings, Minn., on Sunday. An estimated 300,000 pounds of tomatoes were thrown during the festival, which attracted thousands of people. (AP)

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Birth Control Copays Nixed

New insurance rule treats contraception as preventive care

Washington

A half-century after the advent of the pill, the Obama administration on Monday ushered in a change in women's health care potentially as transformative: coverage of birth control as prevention, with no copays.

Services ranging from breast pumps for new mothers to counseling on domestic violence were also included in the broad expansion of women's preventive care under President Obama's health care overhaul.

Because birth control is the most common drug prescribed to women, health plans should make sure it's readily available, said Health and Human Services Secretary Kathleen Sebelius. "Not doing it would be like not covering flu shots," she said.

Tens of millions of women are expected to benefit initially, a num-

ber that is likely to grow with time. At first, some plans may be exempt due to an arcane provision of the health care law known as the "grandfather" clause. But those plans could face pressure from their members to include the new coverage.

Earlier requirements under the health care law improved preventive coverage generally for people of both sexes.

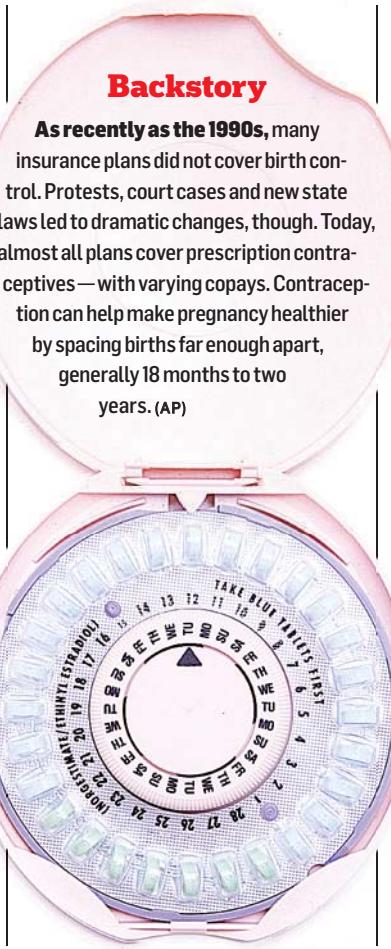
2013

The year officials say the women's prevention package will be available, in most cases, resulting in a slight overall increase in premiums.

In a nod to social and religious conservatives, the rules issued Monday by Sebelius include a provision that would allow religious institutions to opt out of offering birth control coverage. However, many conservatives are supporting legislation by Rep. Jeff Fortenberry, R-Neb., that would codify a range of exceptions to the new

Backstory

As recently as the 1990s, many insurance plans did not cover birth control. Protests, court cases and new state laws led to dramatic changes, though. Today, almost all plans cover prescription contraceptives—with varying copays. Contraception can help make pregnancy healthier by spacing births far enough apart, generally 18 months to two years. (AP)



health care law on religious and conscience grounds.

"It's a step in the right direction, but it's not enough," said Jeanne Monahan, a policy expert for the conservative Family Research Council.

Sebelius acted after a near-unanimous recommendation last month from a panel of experts at the prestigious Institute of Medicine, which advises the government. Panel chairwoman Linda Rosenstock, dean of public health at the University of California, Los Angeles, said that prevention of unintended pregnancies is essential for the psychological, emotional and physical health of women.

"Over a span of generations from grandmothers to granddaughters, we have come from birth control being a hope and a wish — and almost luck — to being recognized as a part of health care that improves women's health," said Cynthia Pearson of the National Women's Health Network, an advocacy group supporting the change.

RICARDO ALONSO-ZALDIVAR (AP)

In Brief

STEWARTSTOWN, N.H.

Missing N.H. Girl's Body Found in River Near Home

The body of an 11-year-old New Hampshire girl who disappeared almost a week ago was discovered Monday in a river less than half a mile from her home, authorities said. The death was being considered suspicious. Celina Cass was last seen in her Stewartstown, N.H., home on July 25. (AP)



PATRICK DOVE/AP
Warren Jeffs, right, walks into court in Texas on Monday flanked by security.

SAN ANGELO, TEXAS

Polygamist Leader: God Demands Judge's Ouster

In a motion filed Monday, polygamist leader Warren Jeffs says God demands the removal of the Texas judge overseeing his child sex assault case. Jeffs is accused of sexually assaulting two underage girls he took as brides. (AP)

NEW YORK

Ex-Ski Team Member Attacked by Black Bear

Former U.S. ski team member Ani Haas says she feels fortunate to have suffered just scratches to her left arm and chest when she encountered a black bear while running in western Montana. Haas threw a rock and hit the bear on the head, and the bear soon lost interest. (AP)

A Lead in '71 Unsolved Mystery

FBI finds credible info in case of man who hijacked plane

Seattle

The FBI says it has a "credible" lead in the D.B. Cooper case involving the 1971 hijacking of a passenger jet over Washington state and the suspect's legendary parachute escape.

The fate and identity of the hijacker dubbed "D.B. Cooper" have remained mysteries in the 40 years since a man jumped from a Northwest Orient Airlines 727 flight over the Pacific Northwest with \$200,000 in ransom money.



A 1971 artist's sketch shows the hijacker known as Dan Cooper and D.B. Cooper.

spokeswoman Ayn Sandalo Dietrich said on Sunday. She called the new information the "most promising lead we have right now" but cautioned that investigators were not on the verge of breaking the case. Dietrich says an item belonging to the man was sent to a lab in Quantico, Va., for forensic testing.

Federal investigators have checked more than 1,000 leads since Nov. 24, 1971. On the flight, the man claimed after takeoff in Portland, Ore., that he had a bomb, leading the crew to land in Seattle, where passengers were exchanged for parachutes and ransom money. Shortly after the flight took off for Mexico, the man parachuted from the plane. (AP)

\$180M

The estimated worth of 7.5 tons of cocaine found on a submarine-life craft after U.S. authorities intercepted the vessel in Caribbean waters, the Coast Guard announced Monday. (AP)



MISSIONS

NASA Goes Green

NASA's upcoming mission to Jupiter can't get much greener than this: a solar-powered, windmill-shaped spacecraft. The robotic explorer Juno is set to become the most distant probe ever powered by the sun. It will be launched Friday morning to study Jupiter, and scientists hope to learn more about planetary origins through Juno's exploration. (AP)

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Nation

Study: Dyslexia, Hearing Linked

Recognizing voices harder for those with reading disorder

Washington

Pick up the phone and hear, "Hey, what's up?" Chances are, those few words are enough to recognize who's speaking — perhaps unless you have dyslexia. In a surprise discovery, researchers found adults with that reading disorder also have a hard time recognizing voices.

The work isn't just a curiosity. It fits with research to uncover the building blocks of literacy and how they can go wrong. The eventual goal: to spot at-risk youngsters even before they open "Go, Dog, Go!" in kindergarten — instead of diagnosing dyslexia in a struggling second-grader.

"Everybody is interested in understanding the root cause ... so we can intervene early," says Massachusetts Institute of Technology

Behind Dyslexia

Dyslexia is thought to affect 8 percent to 15 percent of Americans, who can have great difficulty reading and writing. It's not a problem with intelligence or vision. Instead, it's language-based. The brain struggles with what's called "phonological processing" — being able to distinguish and manipulate sounds, like "bah" and "pah," that eventually have to be linked to written letters and words. (AP)

cognitive neuroscientist John Gabrieli, author of the study published in the journal Science.

Patricia Kuhl of the University of Washington says the study shows that for split-second recognition, the brain's social-oriented right side works together with the speech-perception region of the left brain. People with dyslexia apparently are missing out on some of that interaction. (AP)

ADVENTURE

Take a (Space) Hike

Organizers want to go beyond Earth to celebrate the 50th anniversary of Seattle's iconic Space Needle. On Monday, they announced a multi-tiered contest to send a member of the public on a short ride into space via a company from the burgeoning space travel industry. The contest — dubbed Space Race 2012 — will have several stages. To begin the process, people can sign up to enter at the Space Needle's website through December. (AP)



Fla. Gov. Scott: Perry to Join GOP Race Soon

Tallahassee, Fla.

Florida Gov. Rick Scott says he believes Texas Gov. Rick Perry will soon be joining the race for the Republican presidential nomination.

Scott said Monday that Perry told him that he had gotten the all-important, go-ahead from his wife. Scott pointed out that Mississippi Gov. Haley Barbour told him in April that he would likely run, too, but then changed his mind a week later. Scott added things have lined up well for Perry's entry into the race, with none of the present candidates looking unbeatable. (AP)

In Brief**JERUSALEM****Reports: Israeli PM Open To Pre-1967 Borders**

Netanyahu

In a dramatic shift, Israel's prime minister agreed to negotiate the borders of a Palestinian state based on the cease-fire line that marks off the West Bank, a TV station reported Monday. President Obama in May proposed negotiations based on the pre-1967 line with swaps of territory between Israelis and Palestinians, which Benjamin Netanyahu refused to do, up till now, according to Israel's Channel 2 TV. (AP)

LONDON**Winehouse Family Eyes Creating Rehab Center**

The family of Amy Winehouse is seeking political backing to set up a drug rehabilitation center in her name. The singer's father, Mitch Winehouse, met with British politicians Monday to discuss setting up a treatment center for young people. Winehouse, who had struggled for years with drug and alcohol addiction, was found dead at her London home on July 23, and the toxicology report is expected this month. (AP)

SELIGER LAKE, RUSSIA**Putin Endorses Merger Of Belarus With Russia**

Prime Minister Vladimir Putin said Monday he supports calls for Russia to merge with Belarus, which has been independent since the Soviet Union fell apart in 1991. Putin said the return to Soviet-style unity is "possible, desirable and wholly dependent on the will of the Belarusian people." Still, Belarusian President Alexander Lukashenko is a fierce defender of his country's sovereignty. (AP)



Women wait for relief Monday at a refugee camp in Dadaab, Kenya, where tens of thousands of Somalis have fled to escape the country's worst famine in a generation.



Fasting's Bite Familiar to Somalis

Strict holiday rules a painful custom for a starving populace

Dadaab, Kenya

As the Islamic holy month of Ramadan begins, Faduma Aden is fasting during the day even though she doesn't have enough food to celebrate with a sundown feast. The Somali mother of three, who fled starvation in her homeland for a Kenyan refugee camp, says she will fast because she fears God.

Muslims around the world mark sundown during the holy month of Ramadan that began Monday with extravagant dinners after not eating from sunrise to sundown. That kind of nighttime celebration is unthinkable for most Somalis, who are suffering during the worst famine in a generation.

Despite the lack of food, for Somalis like Aden, it's a matter of faith to participate in Ramadan, though Islam allows the ailing to eat. But others are ashamed they lack food for a sundown meal.

"How I will fast when I don't

162K

The number of people in war-torn south-central Somalia receiving food aid amid a famine, the International Committee of the Red Cross said Monday. (AP)

have something to break it?" said Mohamed Mohamud Abdulle. "Today is the worst day I ever faced."

For most of the Muslim world, Ramadan this year falls at a time of rising food prices and political

upheaval. Food prices typically spike during the Muslim religious month, and the elaborate dinners many in the Middle East put on to break the daily fast drive a deep hole in household budgets.

The U.N. says more than 11 million people in the Horn of Africa need food aid. At the Dagahaley refugee camp, part of the larger Dadaab camps where tens of thousands of Somalis have fled, three distributing centers run by local elders provide food and money each day to more than 1,000 families and individuals. (AP)

Syria Stifles Muslim Worship in Renewed Violence

Beirut

Protesters in the Syrian city of Hama took up sticks and stones to defend themselves Monday after one of the bloodiest days so far in President Bashar Assad's campaign to quell a five-month uprising.

Residents said tanks resumed shelling of the city and troops fired at people about to head to mosques

Meanwhile ...

The European Union expanded its sanctions against Syria on Monday, imposing asset freezes and travel bans against five more military and regime officials. The EU decision brings the number of individuals targeted by the EU to 35, including President Bashar Assad. (AP)

for nighttime prayers on the first day of the Muslim holy month of Ramadan. Residents had just broken their daily dawn-to-dusk fast, and the shelling appeared aimed at preventing the mosque gatherings, fearing large protests.

It was the second day of shelling of Hama and other cities. Sunday's violence left 74 people dead, Syrian rights groups said. (AP)

**ENVIRONMENT****To Find Thin Ice**

An Englishwoman on the cusp of 65 is on a monthlong trip down Greenland's ice sheet with one assistant, two Ski-Doos and three sleds carrying supplies and gear. Liz Morris began her 500-mile trip July 17 to do one thing: measure the density of the top layers of snow at 12 sites. That data will then be used in tracking the melting trend in the Greenland and Antarctic ice sheets. (AP)

122

The temperature, in degrees Fahrenheit, in Iraq on Monday. It was so hot that the country declared its first-ever "heat day." Iraq's central government shuttered its offices and sent public-sector workers home across most of the country. Residents and local officials said they could not recall the government ever before closing due to excessive heat. The nation's schools were not affected, due to summer vacation. (AP)

World

In Wake of Attacks, PM Urges Civility in Norway

Oslo, Norway

Norway's prime minister on Monday called on political leaders to show restraint in their public speech as the country emerges from mourning the 77 victims of a bombing and youth camp massacre by an anti-Muslim extremist.

Jens Stoltenberg seemed to be referring to the at-times harsh discussions on immigration when he told Parliament the July 22 attacks gave reason to reflect on "what we have thought, said and written."



Anders Behring Breivik, 32, admitted to killing 77 people July 22 in Norway. He faces up to 21 years in prison if convicted.

"We all have something to learn from the tragedy," he told lawmakers at a ceremony honoring the victims. "We can all have a need to say, 'I was wrong,' and be respected for it."

That goes for politicians and

newsroom editors, in conversations and online, Stoltenberg said.

Norway's political parties have agreed to postpone campaigning for elections in September until mid-August, as the nation mourns the eight people killed in the Oslo bombing and the 69 victims of the shooting spree at a youth retreat.

Anders Behring Breivik, who has confessed to the killings, says the attacks were an attempt at cultural revolution to purge Europe of Muslims and punish politicians who have embraced multiculturalism. (AP)



A man salvages books Monday in Cairo's Tahrir Square after protesters fled the site. (AP)

Egypt Clears Out Protest Epicenter

Demonstrators flee Tahrir Square camp amid violent scuffles

Cairo

Egyptian forces swinging electrified batons and shouting the battle cry "God is great" swiftly chased off dozens of activists Monday who had refused to end four weeks of renewed protests at Tahrir Square to pressure the country's transitional military rulers.

The military council appeared to run out of patience with the protesters, who demand to see ex-president Hosni Mubarak and members of his regime face justice.

Still, some were surprised by the security sweep and clashes, especially as it came on the first day of Ramadan, the Muslim holy month of fasting that is traditionally a time of tolerance.

Meanwhile ...

The trial of Hosni Mubarak, the ex-Egyptian president who is accused of ordering the killing of protesters, is due to start Wednesday in Cairo. Many see the trial as a test for the relationship between protesters and the ruling generals. It is unclear whether Mubarak, 83, who has been hospitalized since his Feb. 11 ouster, will attend the opening session. (AP)

"I didn't think this could happen on the first day of Ramadan," said activist Omar Kamel.

Many activists are skeptical that the military council can deliver on promises of reforms before returning the country to civilian rule.

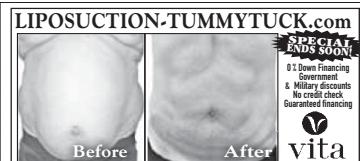
Monday's clashes in Tahrir, which was the center of the uprising, added to the tension. State radio reported that 270 people were arrested. (AP)

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Feeling the Heat Aboard Metro

Q What is Metro doing about the lack of air-conditioning in some of the stations — in particular, Farragut North? It's clearly not working.

Dan Stessel, Metro's spokesman, says Metro is in the process of completely replacing the old chiller unit at Farragut North. That was the good news. The bad is that it's a long-term project and unlikely to affect the temperature in the station this summer — this very, very hot summer. The fans that Metro places on the platforms can be a big help, but only if riders get to stand quite close to them. No underground

station is going to feel really good in the heat we're having, but in some stations, the equipment does break down, and it can take awhile for the maintenance staff to replace the busted parts.

Q Last year Metro hired a new guy to fix escalators and elevators. Has it made a difference? I'm not noticing that it has. Where's the accountability?

I'm not sure any particular guy is going to make all that much difference, given the scope of the long-term problem. It's more about

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

money and an overall management plan. And in that regard, the transit authority is engaged in a major effort now to fix the escalators. But the transit officials have been quite up-front in saying that they expect that because of their intensified repair program, riders are going to encounter a lot of out-of-service escalators this year, perhaps more than ever before.

Q Just to be clear, is the "walk left, stand right" rule on escalators still a rule (however unofficial), or has that been abandoned in recent years?

I think it's still pretty well observed — it's just one of those things that's

really annoying and really obvious when someone doesn't do it.

Q I usually try to be polite and move toward the center of the car at rush hour. But I've noticed that it's a lot hotter in the center of the car. It seems like there are more air-conditioning vents near the doors. Do you know if Metro's new car design takes this type of air circulation into account?

Temps can definitely be different from place to place within a rail car. It can be different even if you just happen to be on the sunny side of the car. Haven't heard anything about changing the AC setup for the 7000 Series. Some series perform better than others. Lots of complaints about the AC and other equipment on the 5000 series especially.

Person Struck By Metro Train At Rush Hour

Washington

Metro officials said a person was struck by a train at about 4 p.m. Monday at the Friendship Heights station on the Red Line, leading to major delays.

The Friendship Heights station was temporarily closed but was quickly reopened with single-tracking on the Red Line from the Van Ness station to the Medical Center station. A Metro spokesman said the incident was a rescue effort. The person has been taken to an area hospital. (TWP)

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Local


ACCIDENTS
Fender Bender

D.C. Delegate Eleanor Holmes Norton is hoping her next shopping trip is a little less exciting. Norton was returning home from Eastern Market on Sunday when a Metropolitan Police Department vehicle hit the front end of her car. She said the officer was cordial and apologetic. (TWP)

Md. Expands 911 Service Probe

Some of Verizon's emergency calls in May lacked key info

Washington

Maryland utility regulators are expanding their investigation into Verizon's 911 service after some emergency calls came through without any caller ID or location information.

On May 30, police and fire dispatchers in Maryland and Virginia did not receive two key pieces of information that usually accompany an emergency call: the caller's loca-

tion and the phone number they are calling from, according to the Maryland Public Service Commission.

The problem lasted for three hours and affected 911 calls from IP networks and wireless phones, which, according to cell phone industry research, now account for 70 percent of all 911 calls.

In addition, the commission said, Verizon may not have adequately notified local call centers of the problem and when the centers tried to report the issue on their own, they had difficulty.

Verizon officials said a power outage at a New Jersey central office affected data on the Maryland and

Virginia emergency calls.

The Memorial Day incident is the latest example of public safety trouble for Verizon, which provides 911 services in the District, Maryland and Northern Virginia. Thousands of cell phone users trying to reach 911 dispatchers in Montgomery and Prince George's counties could not get through during a paralyzing January snowstorm. The incident prompted an inquiry by the Federal Communication Commission, and the Maryland commission held two hearings on the complaints.

The five-person state panel made an initial finding in March that Ver-

izon had violated a section of state law that requires utilities to provide "equipment, services and facilities that are safe, adequate ... and efficient," and chastised Verizon for not notifying local call centers about 911 trouble. The PSC was deliberating whether to fine Verizon but had not made a final decision.

The commission has extended the earlier inquiry to the May 30 incident, ordering Verizon to file an explanation about "the causes, nature and extent of the 911 call problems." Verizon's reply is due Aug. 11 and the commission has scheduled an Aug. 18 hearing. THEOLA LABBE-DEBOSE (THE WASHINGTON POST)

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Afghan's Death Hits Hard in NoVa



ASTRID RIECKEN/FTWP

AHMAD HAMIDI, 27, reflects in Woodbridge, Va., on the loss of his father, Ghulan Haider Hamidi, the mayor of Kandahar, Afghanistan, who was killed last week. The slain mayor lived in Northern Virginia for seven years before returning home to aid his country. The family is devastated by the death of the elder Hamidi, who had emerged as a father figure in the U.S. [postlocal.com](#).

Suit Defends In-State Tuition For Immigrants

College Park, Md.

Maryland college students and an immigrant services group are going to court in defense of a state law that would grant in-state tuition to illegal immigrants.

Opponents of the law have launched a petition drive that will put the law on the ballot in 2012. Because the drive was certified by the state elections board, the law has yet to take effect.

Attorneys for groups that favor the law filed a lawsuit Monday that challenges the certification of the petition drive. Joe Sandler, an attorney for the plaintiffs, contended the legislation cannot be put to a referendum, because it provides government funding for education. (AP)

The Lotteries
Monday, August 1
District

Mid-day Lucky Numbers	9-7-3
Evening Lucky Numbers (Sun.).....	1-9-8
Mid-day DC 4	2-4-0
Evening DC 4 (Sun.).....	4-4-0-4

All winning lottery numbers are official only after they have been validated at a claims location.

Mid-day D.C. Five 9-6-3-9-2

Evening D.C. Five (Sun.)..... 5-8-2-3-9

Maryland

Mid-day Pick 3	4-3-0
Evening Pick 3 (Sun.).....	5-0-5
Mid-day Pick 4	0-8-9-4
Evening Pick 4 (Sun.).....	9-5-9-4

Match 5 (Sun.) 04-05-14-15-25 (22)

Virginia

Mid-day Pick 3	4-2-0
Evening Pick 3 (Sun.).....	6-7-5
Mid-day Pick 4	6-3-8-9
Evening Pick 4 (Sun.).....	1-5-9-7
Mid-day Cash 5 (Sun.).....	03-13-17-22-32
Evening Cash 5 (Sun.).....	04-14-16-19-22

Cover Story

Federal spending amounts to about **37 percent** of the regional economy.

Left in the Lurch

Lacking tax hikes or an economic push, the debt deal riles Democrats

Washington

Dispirited liberals expressed outrage Monday that the deal to raise the debt ceiling cuts deeply across the government, includes no new tax revenue from wealthy Americans and fails to provide any additional stimulus for a lagging economy.

Most of all, they lamented President Obama's inability to anticipate and overcome the leverage exerted by House Republicans who threatened to force a national default if their demands on spending and taxes were not met.

"It's a surrender to Republican extortion," said Rep. Jerrod Nadler, D-N.Y., who announced he would vote against the deal. "It's one thing to say we want this, we don't want that as part of negotiations. It's another to say we will destroy the country and the economy if you don't do what we want."

The ire burned hottest online, as such liberal groups as Moveon.org mobilized opposition.

The White House dispatched Vice President Joe Biden to try to lobby congressional liberals, and by day's end, some of the targeted House members were reluctantly coming around, with House minority leader Nancy Pelosi of California leading the way.

Illinois Rep. Luis Gutierrez said he would support the deal simply as a way to prevent the "arson" that Republicans were trying to engage in with the credit limit.

Off the Hill, liberals searched for silver linings but came up with little more than the consolation that some of the particulars were not as damaging as they could have been.

Liberal policy experts focused their misgivings on the absence

Meanwhile



MSNBC

House OKs Deal

The House voted Monday to pass legislation designed to keep the government from defaulting on its debts. The bill would raise the debt ceiling by more than \$2 trillion and cut federal spending by a similar amount over the next decade. The Senate, where support is stronger, is expected to take up the bill on Tuesday, the deadline for Congress to act before the government loses its ability to pay all its bills. The 269-161 vote in the House came after Republican leaders spent the day urging recalcitrant conservatives to support the bill. Rep. Gabrielle Giffords, D-Ariz., was present for the vote, her first appearance in Congress since being shot in the head in January. (AP)



SUSAN WALSH/AP

Vice President Joe Biden speaks Monday to rally Democrats behind the debt plan.

of the up-front economic stimulus measures that Obama had pressed for, such as an extension of the payroll tax cut and expanded unemployment benefits that are set to expire at the end of the year.

The combination of cutting billions in government spending and failing to provide stimulus, they said, would undermine the recovery, a setback both for millions of unemployed and the Democrats' 2012 election prospects.

The White House "always would

make the argument that we need a long-term deficit deal so that we can also have short-term support for the economy," said Lawrence Mishel of the Economic Policy Institute. "So here we are with the long term deficit deal — and no stimulus."

The deal calls for \$900 billion in cuts over the next decade, one third of that from the Pentagon and the rest from other agencies. It also calls for a 12-person bipartisan congressional committee to

"This deal is a sugar-coated satan sandwich. If you lift the bun, you will not like what you see."

— REP. EMANUEL CLEAVER, D-MO., IN A TWEET MONDAY ABOUT THE FEDERAL DEBT CEILING DEAL THAT WAS REACHED ON SUNDAY NIGHT.



A Local Punch

The hundreds of billions of dollars in cuts to military spending proposed in the federal debt-reduction deal would hit the Washington region's defense industry hard, forcing layoffs and undermining the local economy for several years, analysts said Monday. Federal spending amounts to about 37 percent of the regional economy, up from 33 percent in 2000, according to figures from the Center for Regional Analysis at George Mason University. The proposed deal would cut \$350 billion from defense budgets over 10 years, in the first defense cuts since the 1990s, according to the White House. But the cuts could go further because the deal calls for the possibility of more deficit-reduction measures by the end of the year. (TWP)

recommend another \$1.2 trillion to \$1.5 trillion in savings by Nov. 23.

If Congress fails to pass such a package, a trigger will go into effect: \$1.2 trillion in cuts starting in 2013, split halfway between defense spending and domestic programs. These cuts would hit Medicare providers but not Social Security, Medicaid or Medicare beneficiaries. Neera Tanden of the left-leaning Center for American Progress pointed to that protection as an "important victory" in an otherwise deeply flawed deal.

Some liberals expressed hope that they would, at the least, have public opinion on their side as the debate moved on.

But the support for Democrats' position in most polls only made more dispiriting the party's latest concessions, liberals said. They acknowledged that Obama had few options, but faulted him for not heading the crisis off by demanding that the ceiling be lifted as part of last December's tax cut extension. (THE WASHINGTON POST)

Sports

In Brief



Randy Moss looks on during a game in 1999 when he played with the Vikings.

PRO FOOTBALL

Moss Hangs Up His Cleats

Randy Moss is calling it a career after 13 seasons in the NFL as one of the most dynamic and polarizing players the league has ever seen. Moss' agent, Joel Segal, said Monday that the receiver was considering offers from several teams but made the decision to retire. (AP)

THE NATIONALS

Strasburg May Make First Post-Rehab Start Soon

Nearing his full return from Tommy John surgery and the end of his stay in Viera, Fla., Stephen Strasburg could make his first minor league rehab start within a week to 10 days, Nationals Manager Davey Johnson said. (TWP)

PRO BASKETBALL

No Progress in NBA Talks

NBA talks have started again and are apparently going nowhere. Commissioner David Stern says "nothing" gave him reason for encouragement after a 2½-hour meeting Monday between owners and players. (AP)

TV Lineup

NATIONALS (7 P.M., MASN)

The Nationals and Braves resume their three-game series in D.C.

PRO BASEBALL (8 P.M., MLB)

Albert Pujols and the St. Louis Cardinals battle the Milwaukee Brewers.

WNBA (8 P.M., ESPN2) The Minnesota Lynx hosts the Phoenix Mercury.

Grounds for Optimism

Shanahan feels good about running game after new additions

The Redskins

When Mike Shanahan opened his first training camp in Washington, the Redskins' running backs were a punch line of sorts in league circles. Clinton Portis, Larry Johnson, Willie Parker — it wasn't a running back-by-committee as much as it was a senior citizens committee.

Gone are the three 1,000-yard rushers. Instead, the Redskins will rely largely on unproven runners — players who coaches are confident can improve upon last season's dismal numbers. The upgrade isn't flashy, but team officials think it will be noticeable.

"Going into your second year is so much different than your first," Shanahan said. "People understand the principles of what you're trying to do, they understand better who is there and what their capabilities are. So the difference between your first year and second year in the running game is night and day."

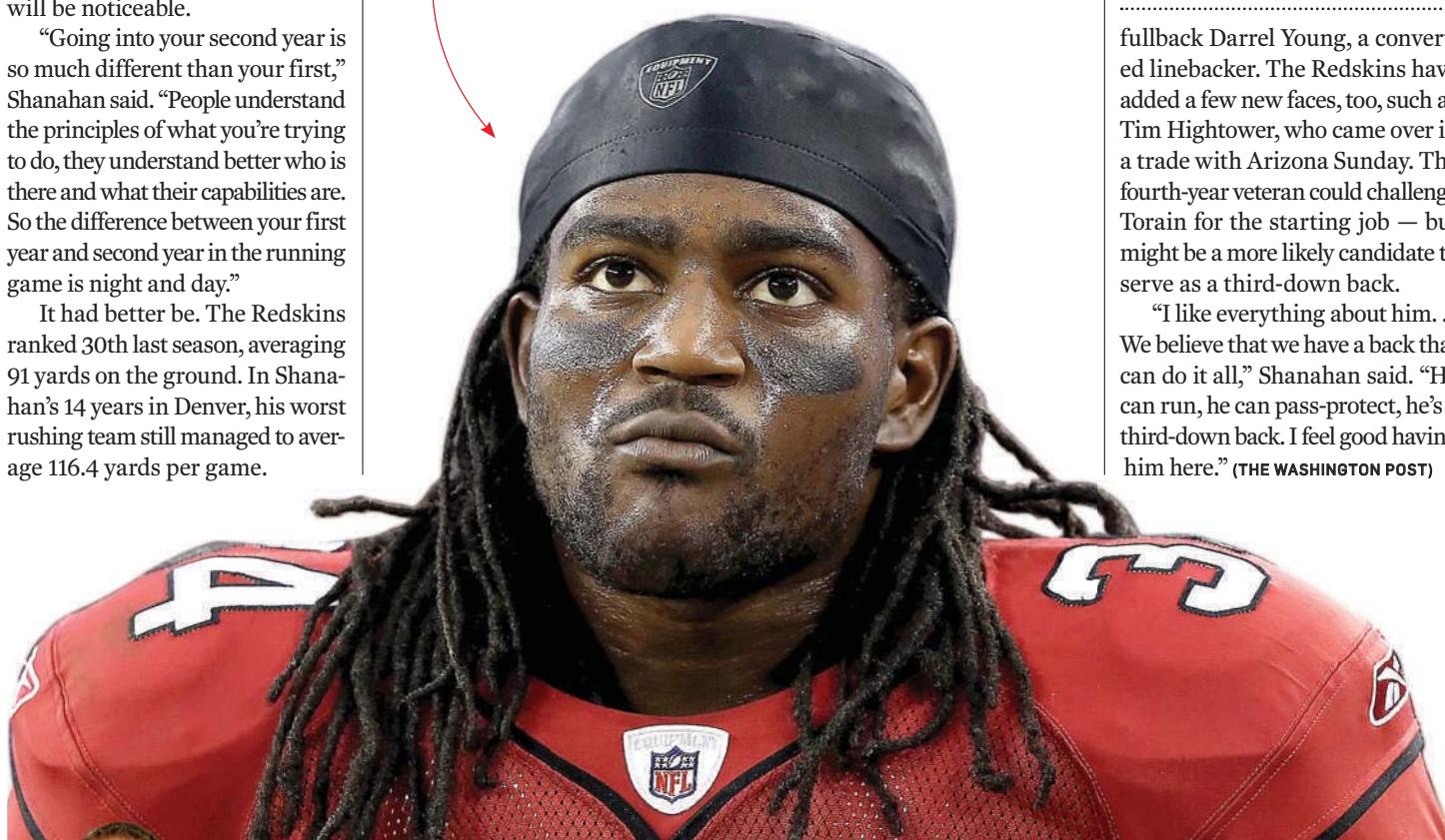
It had better be. The Redskins ranked 30th last season, averaging 91 yards on the ground. In Shanahan's 14 years in Denver, his worst rushing team still managed to average 116.4 yards per game.



TWP

Back to Back

Tim Hightower, below, who could be in uniform with the Redskins as early as Saturday morning, started the past 2½ years in Arizona and is particularly adept in pass protection. He's well-versed in picking up the blitz and instantly becomes Washington's top blocker among the tailbacks. Perhaps most importantly, Hightower will provide some insurance in case the injury-plagued Ryan Torain, above, isn't up to the challenge of playing a full season. (TWP)



Golden Grahams? The Redskins will have some competition for the kicker's job at training camp. Coach Mike Shanahan said Monday the team plans to sign free agent Shayne Graham. He is the third-most accurate kicker in NFL history, having made 86 percent of his field goal attempts over 10 seasons. Graham will compete with Graham Gano, whose 69 percent success rate ranked last in the league last year. (AP)

For the past seven seasons, the Redskins relied on Portis and fullback Mike Sellers in the backfield. Portis, though, was given his walking papers February, and it appears Sellers' best chance of making the team will be as a blocking tight end.

Instead, the Redskins seem prepared to use Ryan Torain, an injury-plagued third-year tailback, and

"We had a bunch of guys that had household names, that played a lot. This year is different."

— BOBBY TURNER, THE REDSKINS' RUNNING BACK COACH, ON HIS UNIT

fullback Darrel Young, a converted linebacker. The Redskins have added a few new faces, too, such as Tim Hightower, who came over in a trade with Arizona Sunday. The fourth-year veteran could challenge Torain for the starting job — but might be a more likely candidate to serve as a third-down back.

"I like everything about him. ... We believe that we have a back that can do it all," Shanahan said. "He can run, he can pass-protect, he's a third-down back. I feel good having him here." (THE WASHINGTON POST)

Zorn Takes the Keys to Chiefs' Cassel

Ex-Redskins coach expected to improve Kansas City's QBs

Pro Football

About 30 years ago, a youngster who ate, drank and slept football had a poster of Jim Zorn. The kid was a rabid Pittsburgh Steelers fan but thought the creative, left-handed Seattle quarterback was cool.

He still does. Almost within hours of Zorn's departure from the Ravens, Todd Haley was on the phone asking if he'd be interested in coaching quarterbacks for

his Kansas City Chiefs.

To Haley's delight, he was. Now, in the broiling heat of training camp, Zorn is working to bring along a couple of potential young backups and raise Matt Cassel's play even beyond the level that elevated him to last year's Pro Bowl.

"I think Todd and I communicate well together. I think we feel the same way," said Zorn, who looks younger than his 58 years and is still fit enough to step back and throw a quick out. "We want to get it to be super-efficient, super-effective, attack down the field. All those things helped sway me to come here."



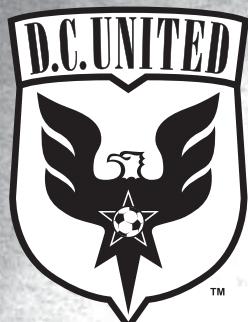
Chiefs QBs coach Jim Zorn, left, works with Ricky Stanzi, center, and Matt Cassel.

It must also have been nice to feel wanted.

In January 2010, Zorn was released after two years as head coach of the Redskins. A year later, he was let go as quarterbacks coach of the Ravens even though Jim Flacco had just experienced the greatest season of his three-year career, throwing for 3,622 yards and 25 touchdowns.

"I was still reeling from leaving Baltimore," Zorn said. "I enjoyed it there. ... But the next opportunity that comes along, to come here, is a great opportunity. We've got a lot of weapons here."

DOUG TUCKER (AP)



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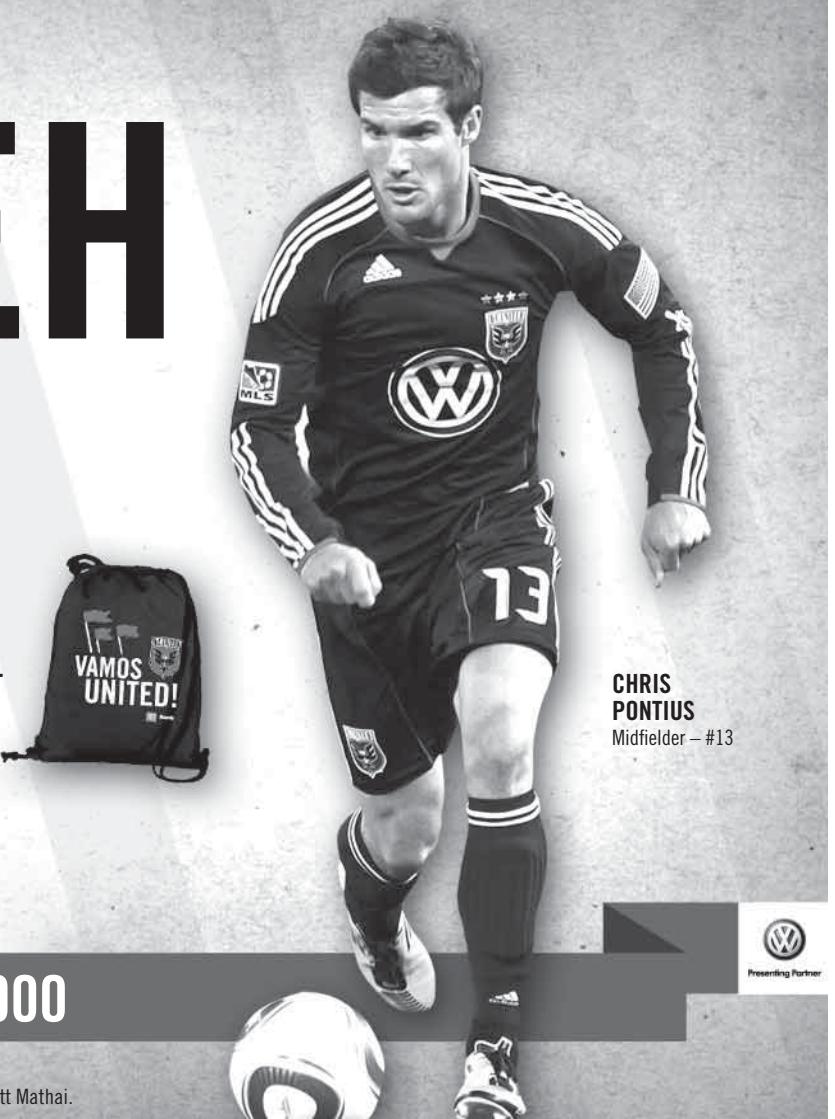
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Klinsmann Dreams Big for U.S.

National team coach is taking a long-term approach to new job

Soccer

New U.S. coach Juergen Klinsmann believes his mix of international experience and American knowledge will allow him to improve the national team.

The former Germany striker and coach, who has lived in the United States for 13 years, was introduced Monday, and he spent much of the time talking about how to mold future American stars, not



World Cup Hero

Juergen Klinsmann has a considerable World Cup pedigree. As a player, Klinsmann scored 11 goals in three World Cups: 1990, 1994 and 1998. That ties him for sixth on the all-time scoring list, just behind Pele. He helped key West Germany's 1990 World Cup-winning team and, more than a decade later, led the team as a coach to a third-place finish in the 2006 World Cup, which was hosted by Germany. (AP)

managing current ones.

"It all starts down to develop the next Landon Donovan," Klinsmann said of the U.S. one day becoming a serious contender for World Cup titles.

And "one day" is the key phrase — he believes "we still are quite a long way away from that." "You need maybe 10 Landon Donovans at different positions with different characteristics in order to one day

be there," Klinsmann said.

Perhaps it's partly a way to temper expectations as he takes over from Bob Bradley. The U.S. reached the round of 16 at last year's World Cup but blew a two-goal lead in the Gold Cup final loss to Mexico in June.

But Klinsmann makes clear he views his charge as bigger than just preparing Donovan and his teammates for major tournaments.

"It also is vital I am involved in all the discussions with a lot of coaches out there, how we improve the grassroots level," Klinsmann said. "I'm fascinated by that approach." (AP)



TELEVISION

Signing Off

Brett Haber, the multi-Emmy-winning sports anchor for WUSA, channel 9, said Monday he is resigning from the station to become a full-time play-by-play announcer. He has been WUSA's sports director since 2004; he was also the lead sports-caster on WTTG, channel 5, from 1997 to 2000. (THE WASHINGTON POST)



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Shift Gears to Get Social

With glow necklaces and dance music, this weekly group bike ride is a party on wheels

The bike is having technical difficulties. It's not the tire pressure or the shifters. It's the speakers.

Jordan Mittelman, general manager of BicycleSpace (459 I St. NW; 202-962-0123, Bicyclespacewdc.com) has loaded up his cargo bike not only with a cooler full of Popsicles, but also with a wooden cart containing a massive stereo system.

This 150-pound behemoth ("I could carry a DJ on the back if I wanted to," Mittelman says) is the heart of the I Street Social, a music-motivated ride that kicks off every Thursday at 8 p.m. Blaring tunes and wearing glow necklaces, this peloton announces that it's not a race or a training group. This here's a party.

After a few false starts, Mittelman manages to start up the evening's playlist, which includes hits from Michael Jackson, Queen and Ke\$ha. The beats are fast, but the feet aren't nearly as speedy — covering the 14½-mile route takes an extremely leisurely 2½ hours. The pace means you can actually chat with your fellow riders, who are a mix of ages, genders and riding abilities. On one side of you might be a grey-haired woman whose bike equipment all matches, and on the other, a dreadlocked dude who didn't bother with a helmet.

If some of the participants seem to be perched on brand-new wheels, there's a good reason for that. The store lets shoppers take bikes for



Jordan Mittelman tows his speaker setup through the plaza in front of the Capitol during a recent I Street Social group ride.

nighttime trek that will be repeated monthly (for obvious reasons), 150 people showed up. Full Moon Rides are mellower — the cargo speaker bike plays classical music instead of Thursday night's dance mix.

OK, there's no actual dancing, except for some subdued bopping around on the bicycles, and the odd sensation of finding yourself pedaling to the beat. But it's a rave atmosphere: Each time the gang

"People buy a bike, and sometimes they don't know what to do with it."

— JORDAN MITTELMAN, GENERAL MANAGER OF BICYCLES SPACE

Cycle Schedule

If Thursday is your poker night, BicycleSpace has a number of other rides that'll satisfy your need for biking with buddies:



Pastry chef Sol

Schott leads a weekly Cupcake Ramble, a 20-mile Saturday morning ride (often out to Kingman Island) that includes a midpoint stop to eat the baked goods Schott brings along.

Even if you own a bike, you may not have any idea how it works. Every Thursday night, BicycleSpace hosts a flat-tire repair class for bicycle newbies.

If you're new to D.C. — or if you just never stray from your home-work-bar-home commute — Sunday City Explorers rides can show you around.



The weekly yoga class on Monday nights isn't actually yoga on a bicycle — it's yoga in the back of a bike shop. But it's a free yoga class focusing on muscle groups essential for cycling.

a spin before they commit to a purchase, and instead of just going on the typical loop around the block, they're welcome to try them out on a group ride.

"People buy a bike, and sometimes they don't know what to do with it," says Mittelman, who developed BicycleSpace's schedule of group rides in an attempt to foster a bike community like the one he was a part of in Boulder, Colo. (For a few of the other options on the shop's schedule, see box.)

The group rides he saw in Boulder sometimes attracted hundreds of people. The I Street Social, which has been up and rolling for nearly a year, draws about 30, so he's not quite there. But at a recent Full Moon Ride, a

passes pedestrians, and everyone whoops and waves. "What are you guys doing? That looks awesome," says a guy out his car window while waiting at a stoplight. "Can we come?" yell some girls pedaling by on their bikes. Of course the answer is "Yes!"

The routes, which change weekly, meander from the bike store in Mt. Vernon Square all over the city, giving riders a chance to take in neighborhoods and landmarks, and experience the city in a new way.

Biking en masse onto the east plaza of the Capitol building to the strains of "Don't Stop Me Now" and encircling some hapless Segway riders who can't figure out how to escape is one of those perfect D.C. moments. And it only gets better when it's time to stop for that Popsicle break. FIONA ZUBLIN (EXPRESS)

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rough patch that's worth repairing. Nonetheless, I'm assuming he's going to be the parent of your child. So you'll still need to be able to work out a way to stay in each other's lives. There will be emotional and logistical challenges, which is why support for yourself is paramount. I hope you'll consider counseling to help you with these major transitions.

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baggagecheck

Your Job: Ignore Absurd Jealousy

Q

There's a girl at my work who thinks that I'm trying to get

with her guy, who also works with us. He's in my department, and we work together a lot. She's always weird about it, and very cold and standoffish to me. He doesn't seem to notice or let it affect how he treats me. But she drives me up the wall. Should I say something about it to him? Or to her? ANNOYED

Not everyone who's cold and standoffish thinks that you're after their boyfriends. Some of them are just bristly people, some of them might have other beefs with you, and some of them just haven't yet found non-chafing underwear.

So it might make matters worse to make your suspicions known, since that could be a false accusation. Even if your hunch is correct, complaining to a jealous person about her jealousy often makes her even more antagonistic. And saying something to her boyfriend will only echo her fears of you driving a wedge between them. Unfortunately, you're pretty much in a similar position as anyone with a difficult co-worker: Kindness and professionalism will help you stay above the fray.



@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (Friendshipfix.com).

By Dr.
Andrea
Bonior



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It's So Hard to Say Goodbye

Q

I've been with my boyfriend for four years, living together for one. We don't get along anymore — we're always arguing and don't sleep in the same bed. I'm ready to move out. I've found myself a new place and have taken on a second job. He's gotten the hint that I'm leaving, but I just don't know how to say it. How should I do it? And I'm six months pregnant with my first baby. HELP

With all the steps you've taken to end this relationship, the official announcement of it seems to pale in comparison. Don't get bogged down about terminology (as long as you're clear and respectful).

Many people would push couples counseling at this point, but only you know whether this relationship is permanently off course, or whether it could be a temporary

rough patch that's worth repairing. Nonetheless, I'm assuming he's going to be the parent of your child. So you'll still need to be able to work out a way to stay in each other's lives. There will be emotional and logistical challenges, which is why support for yourself is paramount. I hope you'll consider counseling to help you with these major transitions.

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Garden Varieties

Area chefs are working over-thyme to add fresher produce to menus

Summer is the most popular vacation season of the year, so it makes sense that area chefs would want to get away, too. But several of them aren't headed far from their kitchens. They're just out back in on-site gardens, an increasingly popular feature of restaurants that allows them to showcase homegrown — and extra-nutritious — produce. "We pluck tomatoes off the vine and put them right in salads," says Härth's executive chef, Tom Elder. "It doesn't get any fresher than that."

NEVIN MARTELL

Restaurant Eve

Walk out the door of the eatery's Sunflower Room and you'll discover a not-so-secret garden. The 2,000-square-foot endeavor boasts peaches, nectarines, apples, cherry tomatoes, numerous herbs and even horseradish root, which pairs nicely with fresh hamachi sashimi. For chef-owner Cathal Armstrong, it's a way not just to supply his restaurant, but also to create edible epiphanies. "You quickly learn how desirable it is to eat food at its freshest level," he says. "Just harvest an onion and consume it immediately."

● 110 S. Pitt St., Alexandria; 703-706-0450, Restauranteve.com.

Härth

Glass-enclosed fireboxes flicker with flames throughout this newly opened Tysons Corner restaurant, but there's a different kind of heat on display out back. The garden boasts nine kinds of hot peppers with tantalizingly terrifying names, such as Trinidad Scorpion and the Devil's Tongue. "We've gone after the hottest varieties in the world," Elder says. "I'm obsessed." The spicy specimens add a kick to Härth's homemade condiments, including Ghost chili ketchup and ancho-habanero barbecue sauce. ● 7920 Jones Branch Drive, McLean, Va.; 703-761-5131, Harthrestaurant.com.



Poste

Executive chef Robert Weland kept things simple when he planted his first garden on Poste's patio in the spring of 2005, cultivating only a few herbs. Now the space is bursting with fig and almond trees, and beds of lettuce. There are also 16 kinds of heirloom tomatoes, including rare varieties such as the pale yellow Ananas and sweet, earthy Chocolate Stripes, which are used in the chef's tasting menu, 20 Bites. "There's something really special about eating a tomato in the middle of the garden where it was grown," says Weland, who offered up one of his recipes (below). ● 555 8th St. NW; 202-783-6060, Postebrasserie.com.



"We use our produce everywhere we can," executive sous chef Ian Bens says.

The Fairmont

This West End spot makes sure visitors sip or nibble on something homegrown. Blossoms from the cherry trees sass up the vinaigrette dressing; peppermint adds mojo to mojitos; and the white-, green- and purple-flecked tri-color sage brings a sweetly savory note to the signature duck breast entrée's blackberry sauce. ● 2401 M St. NW; 202-429-2400, Fairmont.com/washington.

Recipe File



HEIRLOOM TOMATO GAZPACHO

Ingredients

- 3 cups coarsely chopped red onion
- 3 cups coarsely chopped red peppers

- 4 cups English cucumbers (1-inch chunks)
- 6 cups fresh plum tomatoes
- 3 cups mixed heirloom tomatoes
- 2 tsp minced garlic
- 1 tsp Tobasco
- 3 tbsp Banyuls vinegar
- 3 cups extra-virgin olive oil
- 2 tbsp fresh lemon juice
- 3 sprigs thyme (leaves only)
- Salt, to taste

Makes 12 Servings

Combine tomatoes, onion, peppers, cucumbers, garlic, herbs, Tobasco and salt in a bucket. Blend ingredients with large immersion blender until well liquefied. While blending, slowly add all oil until it is smooth and creamy. Transfer in small batches to blender and puree on high for one full minute. Pass through chinois. Add vinegar and lemon juice. Adjust seasoning. COURTESY ROB WELAND, POSTE



Unwrap A New Diet Tip

Snacking

Cut down on calories by following the pistachio principle: Leave your shells or wrappers in a pile, and you won't eat as much.

According to a new study published in Appetite, snacking on in-shell pistachios can help decrease the amount of calories you consume by more than 40 percent. Researchers at Eastern Illinois University monitored students who consumed either in-shell pistachios or shelled pistachios during class. When the lesson was over, students who snacked on shelled nuts consumed close to 211 calories, while those who ate the in-shell kind ate only 125 calories.

That's because the shells serve as a visual cue to remind you how much you've already eaten, and being able to keep track of how much you consume makes it easier to control portion sizes, says lead author James Painter, Ph.D., R.D., chair of the School of Family and Consumer Sciences at Eastern Illinois University. The act of having to open each nut also slows down the pace of eating.

Want to apply the pistachio principle to your sweet snacks? If you're craving chocolate, choose Hershey's Kisses over M&M's. MADELINE HALLER (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

fit phys ed

Get Your Back Into Action

Strengthen and tone your rear view with this workout program

A toned back isn't just a must-have accessory at the beach — it can be one of your body's most valuable assets. "Your back is involved in everything you do, from running to lugging groceries, so strengthening it is crucial to improving fitness and preventing injury," says Lacey Stone, owner of Lacey Stone Fitness in New York City. "It's also the key to better posture, which gives you a confident look no matter what you're wearing." What's more, working

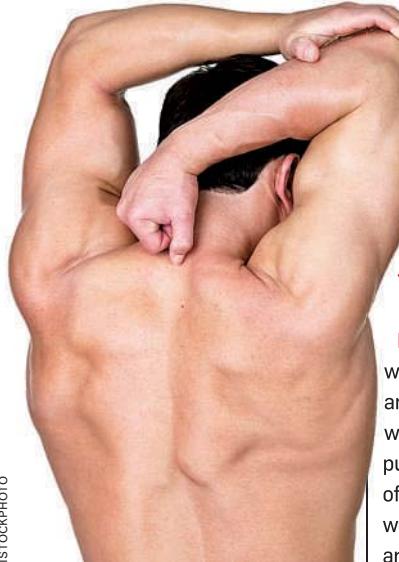
the muscles from your shoulders to hips can help ease (or stave off) back pain: A study found that adults with chronic backaches felt significantly less pain after a 16-week strength-training program.

Stone's workout targets your entire upper and lower back; core; hips' and glutes. Do it two or three times a week (three sets of each exercise, working up to 12 reps per set) to improve your posture; prevent aches and pains; and achieve a strong, defined rear view.

1 Pull-Up

Grab the pull-up bar of an assisted pull-up machine,

ISTOCKPHOTO



palms facing forward, and hang at arm's length, knees bent and feet crossed behind you. Squeeze your shoulder blades together and pull your chest to the bar, then slowly lower back to start. That's one rep.

2 Push-Up Position Row

Get into a push-up position with your hands resting on dumbbells and your feet slightly more than hip-width apart. Brace your abs as you pull one dumbbell toward the side of your rib cage. Pause, lower the weight, and then repeat with the other arm. That's one rep.

3 Superwoman
Lie facedown with your legs straight and arms overhead; draw your belly button toward your spine to tighten your abs. Contract your glutes, then slowly raise your head, chest, arms and legs off the floor. Hold this pose for five seconds, and then lower to start. That's one rep.

4 Lat Pull-Down

Sit at a lat pull-down station and grab the bar with a shoulder-width overhand grip, arms straight and torso upright. Without moving your torso, pull the bar down to your chest as you squeeze your shoulder blades together. Pause, then slowly return to start. That's one rep. JEN ATOR (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE RODALE © INC.)



Yo-yo dieting, also known as weight cycling, is the repeated loss and regain of body weight. In this process, a dieter is initially successful in losing weight, but is unable to maintain the loss long-term and gains the weight back. The dieter then tries to lose the regained weight and so the cycle begins.

Returning Challenger Larry Brown, Jr. knows all about this. Several times in his life he's lost and then regained weight. This time, working at the Gold's Gym in Van Ness with his trainer Melissa, he's determined to change his long-term approach and break free of the cycle once and for all.

FIVE COMPONENTS OF FITNESS

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Meet Larry's trainer...

MELISSA RIVERS GOLD'S GYM - VAN NESS

Melissa is the Fitness Manager at Gold's Gym Van Ness and has been a personal trainer since 2006. As someone who struggled with her weight in college, she relates easily to her clients' challenges. Melissa holds a B.S. in Kinesiology and an M.S. in Exercise Physiology, and is certified by the National Academy of Sports Medicine. She is also a National Physique Committee bikini competitor.

TRAINER TIP OF THE WEEK

Stop dieting! Instead, focus on good nutrition and eating balanced meals every day. For long term weight loss success, good nutrition needs to be a lifestyle change, not a quick fix. Learn to eat properly and exercise as a part of your daily life and the weight loss will follow. --Melissa



SPECIAL ADVERTISING FEATURE

Breaking Free of the Yo-Yo Effect

Finding a better approach to long-term weight loss

HOW THE YO-YO BOUNCES

Larry lost nearly 50 pounds in the first Get Fit Challenge in 2009. But, over time, he slowly returned to his previous eating habits and abandoned his exercise routine. "I lost sense of the fact that I must maintain a level of fitness in my life," he admits. "I fooled myself into thinking that my successful weight loss gave me license to eat whatever I wanted. I learned the hard way."



MELISSA & LARRY

THE RIGHT APPROACH

This time, Larry and Melissa are working together to create a fitness and nutrition program that Larry can incorporate into his busy life and sustain for a lifetime. "We're trying to create an eating plan that he can follow long after the Get Fit Challenge is over," Melissa says. "Portion control and understanding how each of the macronutrients - protein, carbs and fat - should be incorporated into meals is vital to learning how to keep weight off."

Additionally, Larry is learning to plan his meals around his busy work schedule to avoid the common fast food trap. "People always use the excuse of a lack of time when it comes to exercising or planning meals," he says, "but I'm trying to focus on the consequences of not doing those things. So even if I have a busy day, I must tell myself I'm worth the extra time and investment of planning a meal for the next day."

It's doing those little things consistently - like taking time every day to meal plan - that should pay off for Larry in the long run. "Sustainability is my goal," he says.

Will Larry avoid temptation and stick with his program? Track his updates and watch his weekly video log on Facebook.

Get your free, 7-day VIP membership to Gold's Gym at goldsgym.com/dc



Follow Larry and his fellow Challengers at Facebook.com/GoldsGetFitChallenge

Points are awarded weekly for body weight loss % and competitive challenges.*

CHALLENGERS	Previous Weight	Current Weight	Total Weight Loss	TOTAL POINTS
JOY	169.0	167.0	-24.0	28
MICHAEL	240.0	236.6	-25.8	27
LARRY	357.6	352.0	-28.4	19
STEPHEN	342.0	342.0	-24.0	19
CAREN	217.5	216.0	-14.0	17
KATIE	227.0	226.0	-15.8	16

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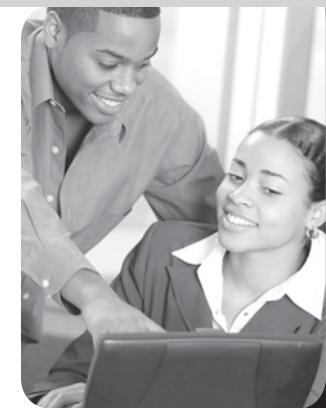
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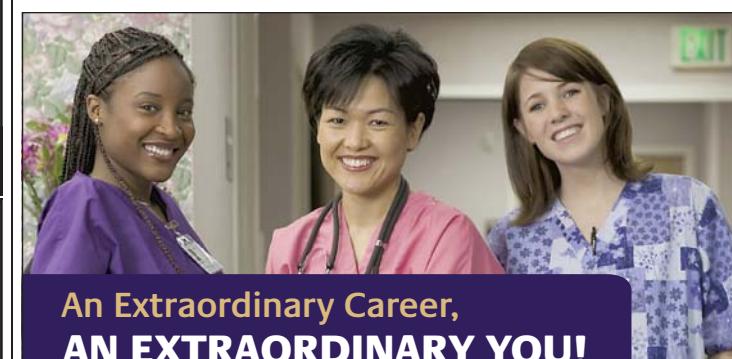
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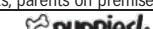
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Kardashian Courier
Kim reveals wedding dress designer; tweets about skin remedies **31**

Sound Bets



No Scrub

Meredith Bragg is neither a woman nor a windbag. He's a humble singer-songwriter from Alexandria and writes the sort of melancholy ballads that used to close every episode of "Scrubs." (This is a compliment.)

Bragg's gentle voice is beautiful without being saccharine, reminiscent

of Elliot Smith or Paul Simon. His folky songs are often dusted with electronics, but not so much that the music's acoustic soul is overrun by machinery. It's a delicate balance and one that he pulls off exceedingly well on the excellent new album "Nest," for D.C.'s Kora Records.

The album opener, "Second Golden Age," and the single "Birds of North America" are built on metronome-steady beats that offer instant pop appeal. But compositions such as "Civilians" and "Arrowstork" are more representative of Bragg's songwriting: a lightly strummed or picked acoustic guitar supporting crooned lyrics on fatherhood, love and relationships. In other words, Braggs sings smartly about the emotional sitcom that is life.

More Online:

Watch the video for "Birds of North America" at Expressnightout.com/soundbets.



Comments? Give Christopher your feedback: expressnightout.com/soundbets



Plugged Into the Future



By Christopher Porter

Björk challenges what an album can be with her project 'Biophilia,' a suite of iPad apps

Music

Björk doesn't like to think about her legacy. "I try not to. It can paralyze you. It unplugs you," she says, "with your gut."

It's fitting, then, that after selling 3.1 million U.S. copies of her first six solo albums, the Icelandic musician is ready to move beyond the CD, and even the MP3, and peer into the future.

"I've always been aware that vinyl or CDs are not the only way [to release music]," says Björk, 45. "Both are very short-lived formats if you look at how long music has been around. There are always going to be people who listen to music and always going to be people who want to play it for them. That will never change."

"Biophilia," due out Sept. 27, isn't a new album as much as a new

experience: The 10-track set will be released as an iPad app suite that invites the listener to tinker with its sonic palette through touch-screen technology.

Björk and a team of developers designed the apps to plunge the listener into the album's cosmology theme. The suite is stacked with interactive games, visuals and musical tools. "The spectrum is from 'music video' to 'instrument,' and generally all the apps are fitting somewhere in between that, sometimes in multiple places," says Scott Snibbe, who served as one of the project's chief developers.

At the center of it all, of course, is Björk, whose cavernous, emotionally

Get It
For those who don't own Apple's iPad, "Biophilia" will also exist as a gargantuan live show that features one-of-a-kind instruments; an educational program that teaches abstract musicology to kids; a 90-minute documentary; an interactive website; a CD and a digital download. J.L.

stirring follow-up to 2007's "Volta" is her most immediate album since 2001's "Vespertine."

The album was originally conceived as a 3-D movie to be helmed by longtime collaborator Michel Gondry, but around the time the director bowed out to finish "The Green Hornet" in 2010, Björk had become fascinated with the iPad. She reached out to a collection of her favorite app developers and presented them with a unique financial opportunity: Without a major label attached, the apps would be self-funded and the developers would

ON THE CREATIVE PROCESS:

"We were making pendulums with elastics, rope, magnets and buckets ... We were building something from the ground up."

reap a majority of the revenue.

Björk plans to tour on the album for the next two years. But instead of visiting new cities every

day, the "Biophilia" tour will entail multiple-week residencies in which a custom-built stage setup will be installed and Björk will perform twice per week.

On days between shows, Björk will use her residencies to host free educational programs in collaboration with local schools.

"The point where cutting-edge technology, music and nature can meet right now is extremely moist," she says. "I have wanted to start a music school, though, ever since I was a child. I guess technology just caught up with me."

JASON LIPSHUTZ (BILLBOARD.COM)

"There are always going to be people who listen to music and always going to be people who want to play it for them. That will never change."



Play Along

Björk made sure the 10 apps for each album track showcased the elements at the heart of each songs. For "Crystalline," which is about shifting natural structures, players can navigate through neon-colored tunnels by physically swinging the iPad around, and collect different crystals that change the musical structure of the song mix. "I didn't want the connection between the song and the app to be superficial," Björk says. J.L.

INEZ VAN LANSWEerde, VINODH MATADIN

lookout entertainment



Singer Rivers Cuomo and Weezer's latest adventure is a musical cruise.

Set Sail With Weezer

Music

Weezer has never done things conventionally. While others have pointed to Weezer as a forefather to the modern emo movement, a tongue-in-cheek feeling follows the nearly 20-year-old band, right down to its latest scheme: the Weezer Cruise.

The seaside jaunt finds Weezer leading its own Lido Deck alongside musical pals Dinosaur Jr., Wavves, the Antlers and Yuck. The four-day voyage will leave from Miami on Jan. 19, sailing to Cozumel, Mexico, before ending its journey back in Miami on Jan. 23.

"We don't tour the way we used to," drummer Pat Wilson says. "Nowadays, we've all got kids, and we just pick our spots. We much prefer it, actually." [\(BILLBOARD.COM\)](#)

expressnightout.com



1 Speak Later

We could argue for days about whether country crossover singer Taylor Swift is a good feminist role model for young women (for the record, she's not), but her music is undeniably, even irritatingly catchy, and thus her show is sold out. If you can't get tickets, you can always write a song about your disappointment. **Verizon Center, 601 F St. NW; Tue. and Wed., 7 p.m., sold out; 202-397-7328, Verizoncenter.com. (Gallery Place)**

2 Country Strong

Gillian Welch's music sounds like classic bluegrass, the kind of dusty Americana that touches mystic chords of memory in each of us, but with lyrics reflecting the trials of modern life. She'll be playing with guitarist David Rawlings. **Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda; 8 p.m., \$33; 301-581-5100, Strathmore.org. (Grosvenor)**



Adept at Every Angle

With two big summer comedies in the bag, Jason Bateman maps out his next move

Film

In "Horrible Bosses" and "The Change-Up," which opens Friday, Jason Bateman plays a hardworking guy who loves his job but yearns for something new. In real life, Bateman is an actor with three decades of experience who loved starring in two fun summer comedies but really longs to direct.

The 42-year-old stands to be the season's comedy king with his two R-rated flicks coming out just a few weeks apart. In "Horrible Bosses," he plays Nick Hendricks, a management candidate so frustrated by his twisted supervisor that killing him seems like a good idea.

In "The Change-Up," Bateman is Dave Lockwood, an attorney about to make partner who loves his wife and two kids but envies the no-responsibility lifestyle of his best friend, played by Ryan Reynolds.



Jason Bateman's Dave switches bodies with his best friend in "The Change-Up."

"From an acting standpoint, it's every actor's dream to be able to play two sides of the coin, Jekyll and Hyde, or what have you."

— JASON BATEMAN ON "THE CHANGE-UP"

One drunken night, the two buddies talk about switching lives with each other, and the next day they discover that they have changed bodies.

What drew you to "The Change-Up"?

It's the R-rated version of the body-switching movie. No one's ever done that. ... From an acting standpoint, it's every actor's dream to be able to play two sides of the coin,

Jekyll and Hyde, or what have you. In this case, it's sort of the conservative guy to the philanderer.

Was the experience everything you hoped it would be?

It was more than I wanted it to be. ... I'm pretty confident that people are going to really, really like this movie. They're going to get all the R-rated laughs they can handle — and probably a few more than they're comfortable with — but it's couched in actually a very real and touching domestic story that's a little unexpected but adds to the film.

You write, direct and act. Which is your favorite?

Writing, that's super-hard but is very gratifying when you finish. Acting I find the simplest. ... But, really, directing is the job I would most like to do because it would allow me to exercise all the things that I've learned all these years. It's just ultimately much, much more challenging, and I'm at a place in my life where I'm just very eager to challenge myself more.

SANDY COHEN (AP)



Radio, Radio! Defunct Baltimore radio station HFS made an unexpected return to the airwaves on 97.5 FM Monday. "The alternative rock music Baltimore grew up with and the personalities who made it popular return to the local airwaves," CBS radio said in a press release. The station, which still hosted the annual HFStival concert while off the air, will feature acts such as Foo Fighters and Green Day, and can be streamed online at [Hfs975.com](#) (EXPRESS)

FOR MORE UPCOMING EVENTS, FOLLOW THE TOP STOPS BLOG AT [EXPRESSNIGHTOUT.COM/TOPSTOPS](#)

3 What Is the Word?

"Grease" is one of those wholesome, all-American musicals that gets done in high schools and actually sends a terrible message to teenagers. It's kind of like the Taylor Swift of musicals, actually. "Hey, kids, if you want to be popular, you'd better wear an unflattering black catsuit! Don't be yourself!" But it's perennially popular for a reason: '50s dance moves are awesome. **Olney Theatre Center, 2001 Olney-Sandy Spring Road, Olney, Md.; through Aug. 28; 301-924-3400, Olneytheatre.org.**

TV tonight lookout

False Imprisonment

'Take the Money and Run' lacks real stakes and dramatic tension

Reality

ABC 9:00 The new hybrid drama/reality series "Take the Money and Run" must have seemed like a good idea to somebody when it was dreamed up. Here, Jerry Bruckheimer and company, the producers of "The Amazing Race" and "CSI," mangle genres.

Two brothers are given a briefcase filled with cash and told they have 60 minutes to hide it. If nobody can find it in 48 hours, the loot is theirs to keep. At the end of their hour, they're taken to what looks like a jail, locked up and told they have to face a team of interrogators.

They're obviously not in a real prison, or facing a real police grilling, so the decision to make it look real is a curious one.

Viewers are willing to suspend



Fake investigator David Thys, left, interrogates contestant Raul Bustamante.

disbelief and assign real dramatic tension to shows such as "The Closer" or "Law & Order," made-up stories featuring good acting. And we're willing to give ourselves over to the high stakes of "Survivor" or an NFL game.

But in blending a game-like scenario with a realistic-looking cops-and-robbers setting, "Take" makes everything look fake and robs the situation of any actual stakes. View-

ers with a fairly sensitive "Why Should I Care?" alarm will hear it ringing right away.

If this weren't reason enough to dislike it, "Take the Money and Run" steals the well-known title of a 1969 Woody Allen comedy, his directorial debut. A parody of documentaries made well before "This Is Spinal Tap," the original "Money" holds up after more than 40 years.

KEVIN McDONOUGH (UNIVERSAL UCLICK)

Best Bets

FAM 8:00

Pretty Little Liars A surprise visit from her father before a swim meet proves to be the last straw for Emily (Shay Mitchell, left with Eric Steinberg), who winds up in the hospital. As she deals with coming clean to her father about Danby, she gets a shocking revelation from "A."



TNT 10:00

HawthoRNe Life becomes overwhelming for Christina, and she goes to therapy to sort out her feelings about marriage, parenthood, her childhood issues and, of course, Tom and Nick. Tom tries to keep a friend's spirits up in the face of a difficult diagnosis.

SHO 11:00

Web Therapy After her mother (Lily Tomlin, shown) rejects her business proposal, Fiona (Lisa Kudrow) meets Ted Mitchell (Bob Balaban), who Lachman Brothers has hired to evaluate the quality of her services.

CBS 12:37

The Late Late Show With Craig Ferguson The talk show host fulfills a longtime dream by taking his show to Paris for a week, taking actress Kristen Bell and robot sidekick Geoff Petersen along for the ride. (TRIBUNE MEDIA)

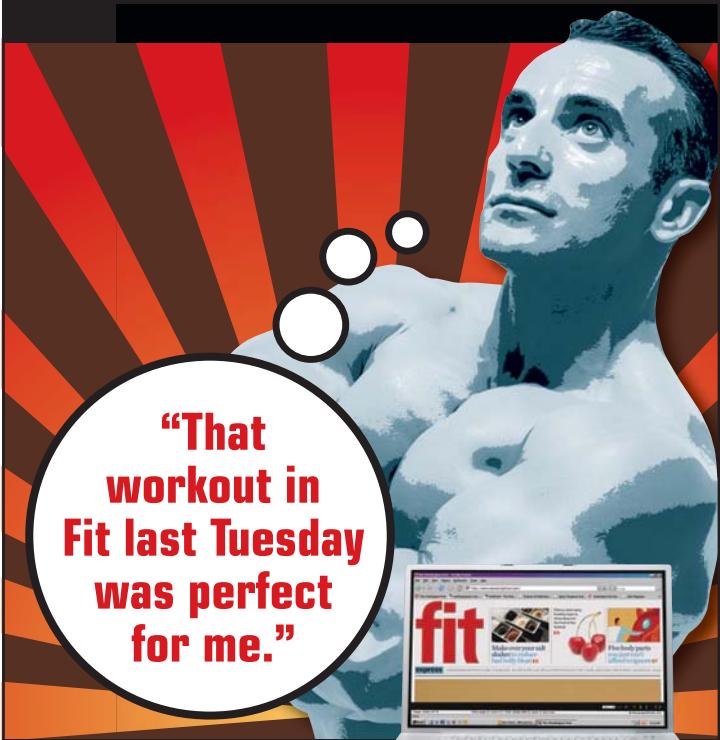
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"Jokes or no jokes (and is a joke about domestic violence ever really a joke?), by Monday the topic had been largely hijacked by people disgusted by the fact that such a repulsive element of our society was trending."

— MADELINE WHITE OF THEGLOBEANDMAIL.COM'S "THE HOT BUTTON" EXPLAINS THAT THE STRONGLY NEGATIVE REACTION TO THE TWITTER TRENDING TOPIC #REASONSSTOBEOYOURGIRLFRIEND, WHICH APPEARED TO ADVOCATE DOMESTIC VIOLENCE, HELPED FUEL ITS VIRAL NATURE.



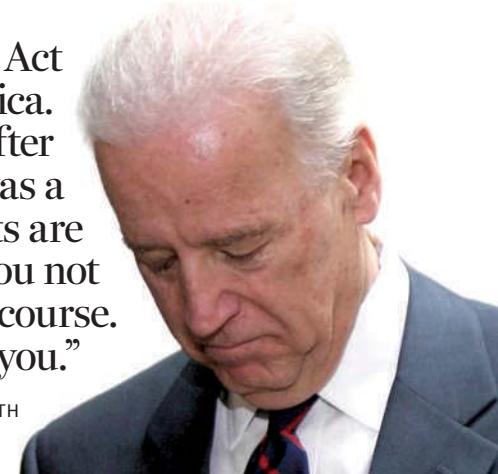
Blog Log

"Today, 30 years later, MTV (no longer referred to as 'Music Television') is completely unrecognizable as the channel it was when it debuted ... but its influence on the modern world can still be felt (if, at the very least, in other ways)."

— PINKISTHENEWBLOG.COM REFLECTS ON THE 30TH ANNIVERSARY OF THE ICONIC CABLE CHANNEL, NOW KNOWN MORE FOR REALITY SHOWS THAN MUSIC VIDEOS.

"You are the VP of the United States of America. Act like it instead of trying to bring dishonor to America. What happened to statesmanship and civility? After what happened to Rep. Gabby Giffords, there was a call for toned-down rhetoric, but the Democrats are all talk. Norway just suffered a tragedy; do you not care what you are saying???? You want civil discourse. SHAME ON YOU, CHAMP! SHAME on all of you."

— A COMMENTER AT POLITICO.COM REACTS TO NEWS THAT VICE PRESIDENT JOE BIDEN AGREED WITH REP. MIKE DOYLE'S COMMENT THAT DEMOCRATS HAD "NEGOTIATED WITH TERRORISTS" DURING THE DEBT-LIMIT DEBATE.



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puzzles lookout

Horoscope

LEO (July 23-Aug. 22) You'll have the opportunity to come through on a personal pledge, and the beneficiary will be someone in your inner circle.

VIRGO (Aug. 23-Sept. 22) You'll have trouble making predictions, so stick with what you know and what is happening right now. Don't try to play guessing games.

LIBRA (Sept. 23-Oct. 22) You may be trying to control things a bit too much at this time. Loosen your grip, and see what happens — and tomorrow, too.

SCORPIO (Oct. 23-Nov. 21) You are likely to be focused on something that affects you directly and those around you indirectly but no less significantly.

SAGITTARIUS (Nov. 22-Dec. 21) The difference between what is permanent and what is only transitory will be the subject of much debate. What side are you on?

CAPRICORN (Dec. 22-Jan. 19) You're making all kinds of promises, but one in particular is likely to attract a great deal of attention. It's unlikely, but possible.

AQUARIUS (Jan. 20-Feb. 18) Preparation is the key; what you did yesterday will come to fruition — and even failure is a product of past decisions.

PISCES (Feb. 19-March 20) This is a good day for doing something that you've avoided in the past. A precarious position shouldn't be all that dangerous.

ARIES (March 21-April 19) Trouble is brewing at this time, but you can do much to defuse the situation and set things on a course toward recovery and reconciliation.

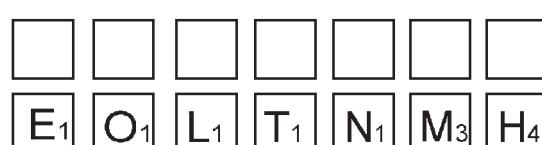
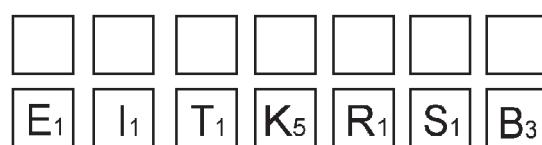
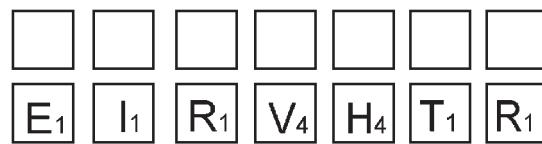
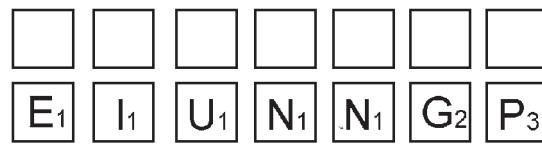
TAURUS (April 20-May 20) The devil is in the details, as they say. Be sure that you know just what is going on and that you understand the small points.

GEMINI (May 21-June 20) Some may be calling for a change of tactics, but you understand that things take time. Still, you may want to consider options.

CANCER (June 21-July 22) Time is on your side, but this doesn't mean that you can fritter it away. The sooner you focus your energies, the better.

Scrabble Grams

PAR SCORE 200-210, BEST SCORE 266



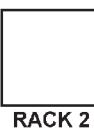
Yesterday's Solution

I ₁	R ₁	O ₁	N ₁	M ₃	A ₁	N ₁
S ₁	E ₁	C ₃	R ₁	E ₁	C ₃	Y ₄
B ₃	U ₁	S ₁	H ₄	M ₃	E ₁	N ₁
P ₃	H ₄	A ₁	N ₁	T ₁	O ₁	M ₃

RACK 1 = 59
RACK 2 = 65
RACK 3 = 64
RACK 4 = 92
TOTAL = 280
PAR SCORE 200-210

1st Letter Triple

Double Word Score



FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

1		6	3					
9		4					3	7
8			2				1	
		7						
2	9	8	6	5	4			
						9		
7	3			2		8		
			5	8	2			2

Yesterday's Solution

9	7	3	6	8	2	4	5	1
1	2	6	9	4	5	8	7	3
4	8	5	1	7	3	9	6	2
7	6	4	8	3	9	2	1	5
3	5	8	7	2	1	6	9	4
2	1	9	5	6	4	7	3	8
8	9	1	2	5	6	3	4	7
5	4	2	3	9	7	1	8	6
6	3	7	4	1	8	5	2	9

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



97 | 74

Today: Mostly sunny and hot today. A couple of thunderstorms late tonight.



88 | 72

Tomorrow: A shower or thunderstorm around tomorrow and tomorrow night.



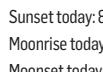
Looking Ahead



THU



FRI



SAT

88 | 72 | 89 | 75 | 90 | 75

Sun and Moon

Sunrise today: 6:10 a.m.

Sunset today: 8:19 p.m.

Moonrise today: 9:31 a.m.

Moonset today: 9:47 p.m.

Almanac

Normal high: 88

Record high: 99

Normal low: 70

Record low: 54

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lookout puzzles

Crossword

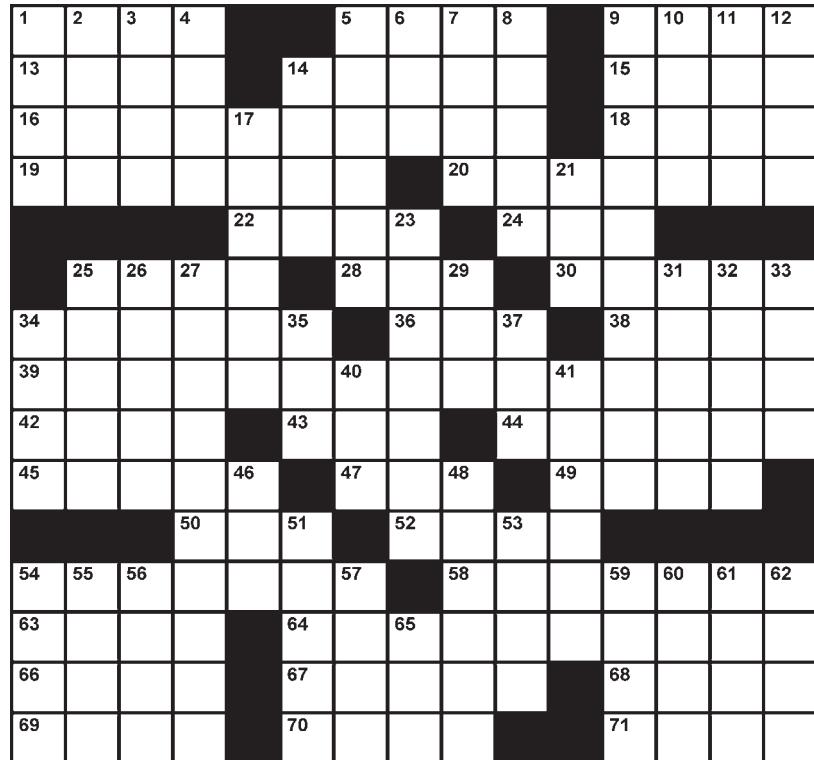
OH, I C NOW

ACROSS

1 Bar beverages
 5 Address forthrightly
 9 Jessica of Hollywood
 13 Edible Pacific tuber
 14 2010 Emma Stone movie
 15 Antidiscrimination agcy.
 16 Pedaler of a single wheel
 18 Rapids craft
 19 J.P. Morgan and others
 20 Basketball game starters
 22 "The Ghost and Mrs. ___"
 24 Opening flap
 25 "___ honest with you ..."
 28 ___ de cologne
 30 There's no accounting for it
 34 Apartment occupant
 36 "All ___ day's work"
 38 God with a hammer
 39 Members of the First Nations
 42 Boom or gaff
 43 Watchdog org. whose logo is a torch
 44 Authoritative command
 45 Missouri town
 47 Cookout throwaway
 49 Queries
 50 Summa ___ laude
 52 Wishing site
 54 Kicks back
 58 Unit of electrical conductance
 63 Very dry
 64 Party for Obama
 66 "I'll catch it!"
 67 Fill with rapture
 68 Involved with
 69 Beloved animals
 70 European summits
 71 Worst finish

DOWN

1 "... three men in ___ ..."
 2 "Smallville" character Lang
 3 "___ go bragh!"
 4 Argyle, for one
 5 Bust enhancer

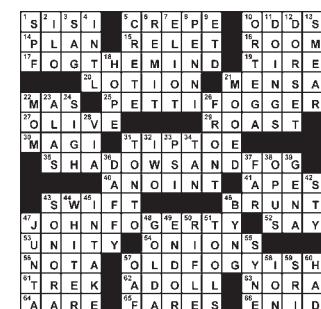


EDITED BY TIMOTHY E. PARKER

6 "___ live and breathe!"
 7 Dermatologist's diagnosis, perhaps
 8 "Have your cake and ___ too"
 9 Aircraft stunts
 10 Maple ___ (Canadian flag emblem)
 11 Big Broadway hit, in slang
 12 First book of the Bible, alphabetically
 14 A shade of beige
 17 Aden citizen
 21 Margarine serving
 23 Trout variety
 25 Metronome's measurement
 26 Big man Shaquille
 27 Roadblocks
 29 "Bi" halved?
 31 Benchley creature
 32 Color variations
 33 Hebrides tongue
 34 Zap with a stun gun
 35 Abbr. in "Respect"
 37 Up-coming connector
 40 Start of a children's song
 41 Auto hawker
 46 "La Cage ___ Folles"
 48 Stupefies with drink
 51 Sorceress who fell for Jason
 53 Cause of some head scratching?
 54 Incline
 55 Smallest Great Lake, by volume
 56 Bellybutton accumulation
 57 Trading floor word

59 It contains a lot of ?letters?
 60 11,000-foot Sicilian peak
 61 Young versions of 53-Down
 62 Queen Mary, for one
 65 It might say "You are here"

Yesterday's Solution



Today in History

1776 Members of the Continental Congress begin attaching their signatures to the Declaration of Independence.

1909 The original Lincoln "wheat" penny first goes into circulation, replacing the "Indian Head" cent.

2010 The Washington Post Co. announces Sidney Harman will buy Newsweek for \$1 and assume its debts.

express



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people lookout


MEDIA STRATEGY
Singer Takes Preemptive Action Against All Haters

"American Idol" winner Fantasia Barrino is pregnant, she told an audience in Jacksonville, Fla., over the weekend. According to JustJared.com, she said, "for a while I walked around figuring out what will they say and what will they think about me. Now I tell you I don't live my life for folk." She added: "God has given me this child. And I don't have to hide it from none of y'all." (EXPRESS)

SLIGHTS
Band That Dissed 'Glee' Disses America, Which Is Almost as Bad

Kings of Leon singer Caleb Followill is suffering from vocal problems and exhaustion, forcing the band to cancel its U.S. tour. Live Nation announced the cancellation in a news release Monday, three days after Followill left the stage mid-show in Dallas due to the heat on Friday. The band resumes touring Sept. 28, in Canada. (AP)



Symptoms of not letting "Glee" use a song include vocal issues, exhaustion.

Victims

Shows Well, Shrine-Ready!

Anna Nicole Smith's Los Angeles mansion, where "The Anna Nicole Show" was shot, is for sale, TMZ.com reports. The asking price on the 4,700-square-foot home is \$1.7 million. The house has five bedrooms, a fitness center and several chandeliers. An unnamed source told TMZ the money from the sale will return to Smith's estate. (EXPRESS)

UNORIGINAL
'Look, I'm a Cliche!'

Kim Kardashian has chosen Vera Wang to design her wedding dress. "Vera has been a close family friend for a long time, and we had talked about this moment for years," Kardashian blogged. "So when it came to picking my wedding dress designer, she was the first person I thought of. No one designs gowns the way she does!" She continued, noting that Wang will "make my dream come true and create the most perfect gown for my special day." Sister Khloe Kardashian told E! News: "When you think of wedding, you think of Vera Wang. I think it would be a perfect fit." (EXPRESS)


CREEPY
Court Grants Halle Berry Restraining Order Against Rather Aggressive Stalker

A Los Angeles judge granted Halle Berry a three-year civil restraining order Monday against a man charged with stalking her. Berry wrote in a petition that she was "extremely frightened" of Richard Franco, who was arrested after scaling the wall of her house July 11. Franco is required to stay 100 yards from Berry. (AP)

"I don't feel that Amy needed to learn any lessons. I felt that the lesson was for the world to be kinder to the superstar."

— LADY GAGA TOLD "THE VIEW" MONDAY SHE DISAPPROVES OF THE "WE CAN LEARN FROM AMY WINEHOUSE'S DEATH" ANGLE SOME MEDIA OUTLETS ARE TAKING.



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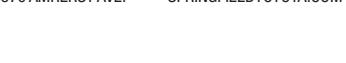
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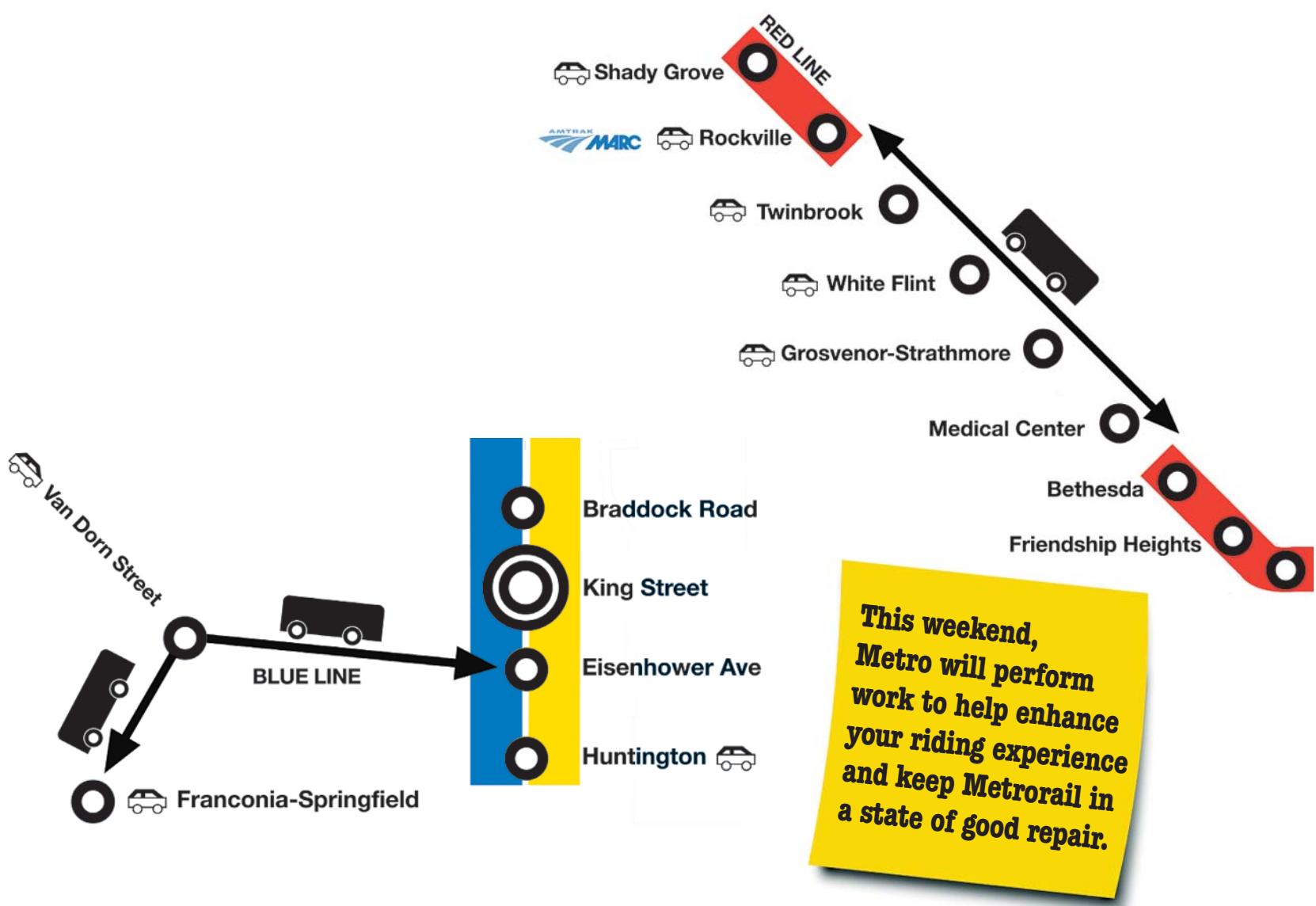
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Weekend Track Work

From Friday, August 5th at 10 p.m. to Sunday, August 7th at closing: Buses replace trains on the Red Line between Rockville and Bethesda. **Sunday, August 7th all day:** Blue Line trains run to/from Huntington. Shuttle buses run between Eisenhower Ave and Franconia-Springfield via Van Dorn Street.



Temporarily closing stations and suspending train service is necessary while Metro repairs tunnels, platforms at Twinbrook and White Flint stations, installs NTSB-recommended cable and improves cell phone coverage. For information on free shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.

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